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# Spanish Language Materials for People with Diabetes

## Selected Annotations

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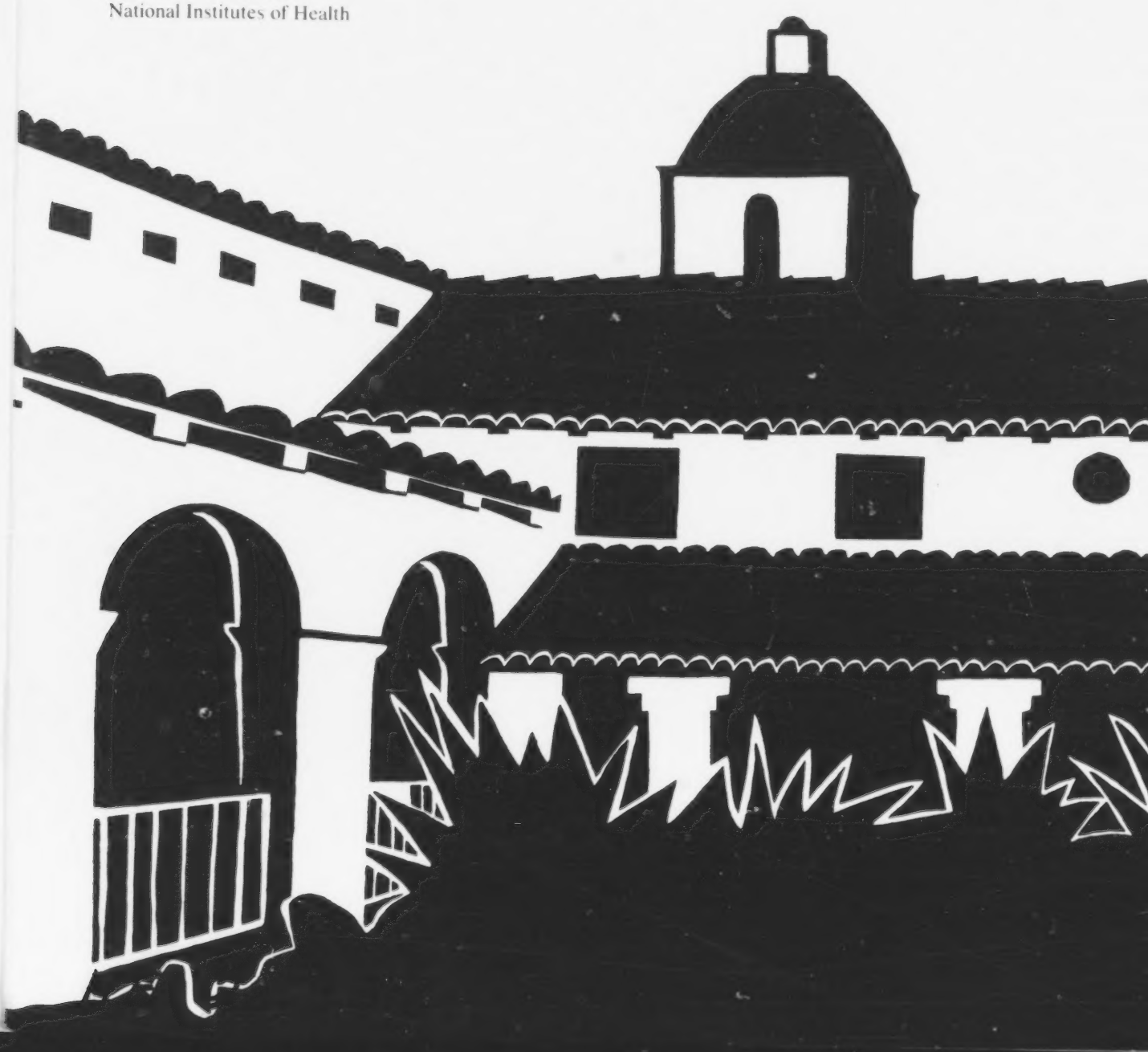

# Spanish Language Materials for People with Diabetes

*Selected Annotations*

Prepared by the
NATIONAL DIABETES INFORMATION CLEARINGHOUSE
Westwood Building, Room 603
Bethesda, MD 20205

(301) 496-7433
or
(202) 842-7630

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service • National Institutes of Health
National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases

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best copy available

# SPANISH LANGUAGE MATERIALS

# FOR PEOPLE WITH DIABETES

# SELECTED ANNOTATIONS

## PREFACE

The staff of the National Diabetes Information Clearinghouse has prepared this bibliography of Spanish language materials about diabetes as an information resource for those involved in patient and public education. No attempt has been made to assess the educational value of the items listed, and their inclusion does not imply endorsement by the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases. The bibliography comprises a selected listing of print and nonprint materials on a variety of topics relating to the daily management and control of diabetes including diet and nutrition, insulin therapy, foot care, and complications. Most of the items in the print materials section are written for people with diabetes and their families, and the nonprint items are primarily for health care professionals.

Since the Clearinghouse does not distribute materials, please contact the source indicated. Information on price and availability has been verified recently, but prices are subject to change. Your comments and inquiries and also additional materials in Spanish are welcomed. Please send these to the following address:

National Diabetes Information Clearinghouse
National Institute of Arthritis, Diabetes,
and Digestive and Kidney Diseases
Westwood Building, Room 603
Bethesda, MD 20205

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## EXPLANATORY NOTES

1. The format for bibliographic citations generally follows National Library of Medicine bibliographic practices or those of American National Standard for Bibliographic References.

2. Unsigned abstracts were written by NDIC staff. Sources of other abstracts are indicated by the following abbreviations:

| | |
|---|---|
| AVLINE | Audio Visuals On-Line, National Library of Medicine |
| TC | Trainex Corporation |
| PRI | Professional Research, Incorporated |
| UM | University of Michigan, Learning Resource Center and Diabetes Research and Training Center, Audiovisual Resources for Diabetes Education. 2nd ed. Ann Arbor: The University, 1980. |
| -M | Abstract modified by Clearinghouse staff |

3. Abbreviations Used in Citations:

| | |
|---|---|
| [anon.]: | Author unknown |
| Comp. | Compiler |
| [n.d.]: | Date unknown |
| Trans. | Translator |

4. Format of Titles:

   (a) Bilingual items have a diagonal mark between Spanish/English titles with both titles underscored.

   (b) English translations of titles are in parentheses and not underscored.

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SPANISH LANGUAGE MATERIALS

FOR PEOPLE WITH DIABETES

SELECTED ANNOTATIONS

## Print Materials

1. Los Alimentos del Diabetico (Foods for the Person with Diabetes). [anon.]. San Juan: Programa Estatal de Diabetes; 1980. 6 p.

   Exchange lists are provided for the six basic food groups with emphasis on foods commonly used in Puerto Rico. A special exchange list for canned soups has been added. Foods that may be eaten freely and others that are to be avoided are listed. A list of meats and seafoods is also included in both Spanish and English.

   Price: Free.

   Source: Programa Estatal de Diabetes; Apartado BB; Caparra Heights, PR 00922. (809) 754-3748.

2. Comentario Para los Pies: Mejor Cuidado Para Diabeticos (Foot Notes for Better Diabetes Care). J. Suren. Rochelle Park, NJ: Becton Dickinson; [n.d.]. 6 p.

   Foot hygiene rules for people with diabetes are listed in a large-print, illustrated text. Consideration is given to shoes, skin dryness and cracking, bathing, and nail trimming. Sources of information about diabetes are listed. Also available in English.

   Price: Free.

   Source: Becton Dickinson Consumer Products; P.O. Box 5000; Rochelle Park, NJ 07662. (201) 368-7337.

3. Comidas Hispana en Dietas Diabetica/Spanish Foods in Diabetic Diets. [anon.]. Milwaukee: Visiting Nurse Association; 1975. 53 p.

   This illustrated bilingual booklet was prepared to aid in the teaching of Spanish-speaking people in the Milwaukee area. Food groups and exchanges are listed, and recipes featuring Puerto Rican and Mexican foods are included.

   Price: $2.00 plus $0.75 postage.

   Source: Visiting Nurse Association; 1540 North Jefferson Street; Milwaukee, WI 53202. (414) 276-2295.

4. Comidas Permitidas en la Dieta del Diabetico (Foods Permitted in the Diabetic Diet). [anon.]. Los Angeles: ADA, Southern California Affiliate; [n.d.]. 2p.

This table presents general information concerning the types of foods allowed in the diabetic diet. By food type (i.e., meat, fruits, vegetables), it lists what the person with diabetes can and cannot eat.

Price: Free.

Source: American Diabetes Association, Southern California Affiliate, Inc.; 1127 Crenshaw Boulevard; Los Angeles, CA 90019. (213) 938-7271.

5. Como Empezar en Casa (Getting Started . . . at Home). [anon.]. Rochelle Park, NJ: Becton Dickinson; 1978. 25 p.

The brochure focuses on treatment (i.e., diet therapy, exercise, insulin injections), urine testing, complications, and special precautions for foot and skin care, smoking, and drinking. The appendix contains food exchange lists. Also available in English.

Price: Free.

Source: Becton Dickinson Consumer Products; P.O. Box 5000; Rochelle Park, NJ 07662. (201) 368-7337.

6. Como Poner una Inyeccion de Insulina (How to Take Insulin). B.R. Boshell; J. Gettinger; et al. St. Louis: Monoject; 1977. 5 p.

This illustrated brochure outlines steps for the administration of insulin. Instructions for administering single and mixed-dose insulin are explained. Also available in English.

Price: Free.

Source: Monoject, Division of Sherwood Medical; Department T.I.; 1831 Olive Street; St. Louis, MO 63103. (314) 621-7788.

7. ¿Cuanto Sabe Usted de Nutricion? (How Much Do You Know About Nutrition?). S. Rodriguez. Diabetes Forecast. 30(5):38-42; September-October 1977.

Twelve true-false questions test the reader's nutrition knowledge. Each deals with a common misconception about vitamins, weight control, "health foods," or nutritionally balanced diets. Detailed answers are provided.

8. El Cuidado de los Pies. (Foot Care). [anon.]. San Juan: Hospital (Distrito) Universitario; [n.d.]. 6 p.

Routines to follow to avoid problems with the feet are discussed. The need for prompt medical attention (if needed) and good control of diabetes is emphasized.

Price: Free.

Source: Programa Estatal de Diabetes; Apartado BB; Caparra Heights, PR 00922. (809) 754-3748.

9. Cuidado de los Pies Para el Diabetico (Foot Care for the Diabetic). [anon.]. Los Angeles: ADA, Southern California Affiliate; 1978. 3 p.

This fact sheet presents details on the various aspects of foot care for persons with diabetes. Topics include foot hygiene, "don'ts" for foot care, care of toenails, and the management of corns and calluses. Advice is also given about the selection and wearing of shoes and socks. Also available in English.

Price: Free.

Source: American Diabetes Association, Southern California Affiliate, Inc.; 1127 Crenshaw Boulevard; Los Angeles, CA 90019. (213) 938-7271.

10. Description General del Programa Estatal de Diabetes (General Description of the State Diabetes Program). [anon.]. San Juan: Programa Estatal de Diabetes; 1980. 5 p.

The description of the state diabetes program of Puerto Rico includes its goals and objectives, the methods used to meet the objectives, and the program's accomplishments.

Price: Free.

Source: Programa Estatal de Diabetes; Apartado BB; Caparra Heights, PR 00922. (809) 754-3748.

11. Diabetes. [anon.]. Rev. ed. Austin: Texas Department of Health; 1980. 6 p.

The symptoms, diagnosis, and treatment of diabetes are discussed briefly in this leaflet. Also available in English.

Price: Free.

Source: Texas Department of Health; 1100 W. 49th St.; Austin, TX 78756. (512) 458-7375.

12. Diabetes. [anon.]. Rev. ed. San Juan: Programa Estatal de Diabetes; 1979. 5 p.

Facts about diabetes mellitus are provided in this leaflet. Emphasis is on early treatment through recognition of signs that may indicate diabetes.

Price: Free.

Source: Programa Estatal de Diabetes; Apartado BB; Caparra Heights, PR 00922. (809) 754-3748.

13. Diabetes: Good Hygiene/La Buena Higiene. [anon.]. Rev. ed. Austin: Texas Department of Health; [n.d.]. 4 p.

This illustrated Spanish/English brochure outlines the health care precautions people with diabetes should practice.

Price: Free.

Source: Texas Department of Health; Division of Chronic Diseases; 1100 W. 49th Street; Austin, TX 78756. (516) 485-7375.

14. Diabetic Exchanges: Spanish. [anon.]. Austin: Texas Department of Health; [n.d.]. 8 p.

General instructions, a meal plan form, and sample recipes for common Mexican style dishes accompany lists of exchanges for the six basic food groups.

Price: Free.

Source: Texas Department of Health; 100 W. 49th Street; Austin, TX 78756. (512) 458-7375.

15. Diabetic I.D (English/Spanish). [anon.]. Torrance, CA: Crown Products.

A vinyl-jacket holder contains an identification card with space for pertinent information. The card lists symptoms and recommended treatment of hyperglycemia and hypoglycemia. A cardboard insert provides space for pills or sugar packets. I.D. also available in English and English/French.

Price: Wallet: $0.50; English/Spanish I.D.: $1.39 plus $0.50 postage; California residents should add 6% sales tax.

Source: Crown Products; P.O. Box 6154; Torrance, CA 90504. (213) 329-3176.

16. Dieta Diabetica Para Buena Salud (Diabetic Diet for Good Health). M.C. Salmon. Demarest, NJ: Techkits; 1979. 20 p.

Exchange lists are provided for milk, vegetables, fruits, bread, meat, and fats. For each serving, the calorie count and carbohydrate, protein, and fat values are given. Examples of menus and their caloric content for breakfast, lunch, and dinner are included along with a list of free foods and foods to be avoided.

Price: $1.50.

Source: Techkits, Inc.; P.O. Box 105; Demarest, NJ 07627. (201) 977-2000.

17. Dieta Diabetica y Listas de Intercambios (Diabetic Diet and Exchange Lists). Detroit: Visiting Nurse Association; [n.d.]. 1 p.

A diet form with blanks for allowances from the appropriate exchange groups is accompanied by lists of equivalent food items in each group.

Price: Free.

Source: Visiting Nurse Association of Metropolitan Detroit; 7700 Second Avenue; Detroit, MI 48202. (313) 875-3266.

18. La Dieta Diabetica/The Diabetic Diet in Spanish. E. Vossen; T. Bush; et al. 2nd ed. Santa Monica: California Dietetic Association; 1977. 34 p.

This bilingual version of the new "Exchange Lists for Meal Planning" includes information on a wide variety of foods found in U.S. Spanish-speaking communities. It contains a simplified meat list to facilitate teaching and translation into Spanish. Carbohydrate, protein, fat, and calorie contents for each recipe and for one serving are provided. A short bibliography is included.

Price: Write for complete information.

Source: Los Angeles District; California Dietetic Association; P.O. Box 2506; Santa Monica, CA 90403. (213) 453-5375.

19. Dieta Para el Diabetico: Usando las Listas de Intercambios (Diabetic Diet: Using the Exchange Lists). [anon.]. Los Angeles: Department of Health Services, Nutrition Program; 1979. 7 p.

Dietary guidelines are offered to facilitate diabetes control or weight reduction. Persons who have diabetes are advised to consult their physician or nutritionist if they have problems in following the

diet plan or desire changes in their meal pattern. A sample menu planning form is included, along with exchange lists for milk, vegetables, fruits, breads, starchy vegetables, commercially prepared foods, meats, and fats. Foods that can be eaten in any amount are noted. Also available in English.

Price: Free.

Source: Nutrition Program, County of Los Angeles; Department of Health Services; 313 North Figueroa Street; Room 827 E; Los Angeles, CA 90012. (213) 974-8112.

20. Dieta Simple Para el Diabetico (Simple Diabetic Diet). [anon.]. Los Angeles: Department of Health Services, Nutrition Program; 1979. 4 p.

This dietary guide lists basic food groups and daily meal patterns for people with diabetes. Specific amounts or portions are to be filled in with the assistance of a physician or a nutritionist. Special precautions are noted for persons on fat-restricted or sodium-restricted diets. Also available in English.

Price: Free.

Source: Nutrition Program, County of Los Angeles; Department of Health Services; 313 North Figueroa Street, Room 827 E; Los Angeles, CA 90012. (213) 974-8112.

21. Dieta sin Azucar y Baja en Grasa Saturada (A Sugarless, Low Saturated-Fat Diet). [anon.]. Los Angeles: ADA, Southern California Affiliate; [n.d.]. 3 p.

The diet is based on three dietetic principles: 1) keeping sugar consumption as low as possible, 2) replacing refined sugar with starch, and 3) substituting nonsaturated fat for saturated fat. It lists what foods can and cannot be eaten, a sample daily menu, and suggestions for lowering cholesterol levels.

Price: Free.

Source: American Diabetes Association, Southern California Affiliate, Inc.; 1127 Crenshaw Boulevard; Los Angeles, CA 90019. (213) 938-7271.

22. Dietary Management of Diabetes Mellitus in English and Spanish. J.G. Bringas; T.Y. Chan. Los Angeles: Nutrition in the Life Cycle; 1978. 19 p.

This bilingual booklet provides general information about diabetes and the exchange system including suggestions about eating out. Each

exchange group contains detailed lists of foods with the serving size given for each exchange unit. Meal plans for 1000, 1200, 1500, 1800, 2000, 2200, 2500, and 2800 calories are presented.

Price: $2.50 each/1-9; $1.50 each/10-24; $1.15 each/25+; plus 10% postage.

Source: Nutrition in the Life Cycle; P.O. Box 24770; Los Angeles, CA 90024. (213) 570-6250.

23. La Gran Maquina Diabetica (The Great Diabetes Machine). S. Rodriguez. Diabetes Forecast. 30(4):35-36; July-August 1977.

A motorcycle analogy is used to explain the metabolism of carbohydrates, proteins, and fats; why diabetes occurs; and how it is treated.

24. Guia de Instruccion Para el Diabetico (Diabetes Teaching Guide). G.P. Kozak, comp. C.H.N. Humada; S. Rodriguez, trans. Boston: Joslin Diabetes Foundation; 1976. 71 p.

Designed as a basic reference and teaching guide for nurses and dietitians involved in patient education and for patients and their families, the booklet gives information about diet and nutrition, the use of insulin, diabetic emergencies, urine testing, and foot care. It also includes sick-day guidelines, height-and-weight tables, and information about alcoholic beverages. Also available in English.

Price: $4.50.

Source: Joslin Clinic; One Joslin Place; Boston, MA 02215. (617) 732-2539.

25. Guia Para el Diabetico (Guide for the Diabetic). [anon.]. Rev. ed. Indianapolis: Eli Lilly; [n.d.]. 78 p.

This booklet discusses diet therapy and exchange lists, the use of Dymelor to lower blood sugar levels (if prescribed by a physician), and the administration and dosage of insulin. Clinical and chemical features of diabetic coma and insulin shock are described. Possible complications that may accompany aging are explained, and height/weight charts are provided as an aid in determining ideal weight. Also available in English.

Price: Free.

Source: Eli Lilly and Company; 301 E. McCarty Blvd.; Indianapolis, IN 46285. (317) 261-2000.

26. Guias de los Menus Diarios (Guides to Daily Menu Planning). [anon.]. Indianapolis: Eli Lilly; 1979; 1980. 2 p. each.

This series of daily four-meal diabetic diet plans includes an accompanying exchange table for each plan which gives the approximate fat, carbohydrate, protein, and calorie content of food servings arranged under exchange groups. In addition, there are general tips on food selection, preparation, and measurement and a short list of foods to be avoided. Separate plans are available for 1,000 calories, 1200 calories, 1500 calories, 1800 calories, 2000 calories, and 2500 calories. Also available in English.

Price: Free.

Source: Eli Lilly and Company, 307 E. McCarty Blvd.; Indianapolis, IN 46285. (317) 261-3208.

27. Hoja de Informacion (Fact Sheet). [anon.]. Los Angeles: ADA, Southern California Affiliate; 1979. 3 p.

The two-page fact sheet includes information on the prevalence of diabetes in the United States, a definition of the disease, information on its fundamental pathological mechanism, and brief notes on possible complications. Lists of diabetes risk factors and common symptoms are also provided. Resources for persons with diabetes available through the American Diabetes Association, Southern California Affiliate, are enumerated.

Price: Free.

Source: American Diabetes Association, Southern California Affiliate, Inc.; 1127 Crenshaw Boulevard; Los Angeles, CA 90019. (213) 938-7271.

28. Implicaciones Sociales y Emocionales de la Diabetes (Social and Emotional Implications of Diabetes). A.L.V. de Melendez. San Juan: Programa Estatal de Diabetes; 1980. 12 p.

The psychological and social factors that may affect the child, adolescent, or adult that has diabetes are outlined. Signs of emotional disturbance and the responsibilities of the health care team, teachers, parents, and friends are listed.

Price: Free.

Source: Programa Estatal de Diabetes; Apartado BB; Caparra Heights, PR 00922. (809) 754-3748.

29. La Impotencia: ¿Que Es? (Impotence: What Is It?) S. Rodriguez. Diabetes Forecast. 31(4):33-34; July-August 1978.

Misconceptions about the physiological definition and possible causes of impotency are discussed.

30. Insulina Insufficiente . . . Demasiado Alimento (Not Enough Insulin . . . Too Much Food). [anon.]. Los Angeles: ADA, Southern California Affiliate; n.d. 2 p.

The causes, symptoms, and treatment of diabetic coma and insulin shock are outlined.

Price: Free.

Source: American Diabetes Association, Southern California Affiliate, Inc.; 1127 Crenshaw Boulevard; Los Angeles, CA 90019. (213) 938-7271.

31. Lista de Comida Para Su Dieta/Food Lists for Your Diet. R. Pena; S. Marshall; P. Collins. Rev. ed. Fresno: Veterans Administration Medical Center; 1981. 26 p.

Exchange lists are provided in Spanish and English for foods in common use in the Central San Joaquin Valley by people of Mexican descent. They are intended for use with a prescribed diet by people with diabetes, heart disease, and/or the need to control weight. Sample menus are included.

Price: $3.00 plus postage.

Source: Pat Collins, R.D., Ph.D.; Fresno County Department of Health; P.O. Box 11867; Fresno, CA 93775. (209) 445-0666.

32. Lo Que Usted Conteste a Estas Preguntas Bien Puede Salvarle la Vida (Your Answers to These Questions May Save Your Life). [anon.]. New York: New York Diabetes Assn; [n.d.]. 5 p.

Fourteen questions that may help in identifying possible signs of diabetes are listed. The importance of diagnosis is discussed, and a visit to a physician or detection center is recommended if symptoms occur.

Price: $0.10 each.

Source: New York Diabetes Association, Inc.; 104 East 40th Street; New York, NY 10016. (212) 697-7760.

33. Manual de Diabetes Joslin (Joslin Diabetes Manual). L.P. Krall, ed. 11th ed.; 1978. C.G. Calderas, trans. Mexico City: Compania Editorial Continental; 1980. 339 p.

The Spanish version of the 11th edition of the manual provides comprehensive information for people with diabetes and others, especially health professionals. It contains sections on diagnosis and treatment, diet, insulin, oral hypoglycemic agents, complications, and diabetes in children. Ten appendices provide additional useful information. Many illustrations and charts are included.

Price: $13.50.

Source: Joslin Diabetes Foundation; One Joslin Place; Boston, MA 02215. (617) 732-2539.

34. Mejor Comida Para Usted (Better Meals for You). [anon.]. Rev. ed. Cleveland: Diabetes Association of Greater Cleveland; 1979. 18 p.

This illustrated booklet is designed to help persons with diabetes plan their meals. It contains exchange lists for the six basic food groups and is intended for use in conjunction with a diet prescribed by a physician. Also available in English, Russian, Slovenian, and Hungarian.

Price: $1.00.

Source: Diabetes Association of Greater Cleveland; 2022 Lee Road; Cleveland, OH 44118. (216) 371-3301.

35. Mirando Desde el Ano 2000 (Looking Towards the Year 2000). S. Rodriguez. Diabetes Forecast. 31(1):40-41; January-February 1978.

This article presents an overview of five areas of diabetes research discussed at the 1976 Congress of the International Diabetes Foundation, held in Delhi, India: transplantation of islet cells, insulin receptor studies, perfection of an oral insulin which is not destroyed in the digestive process, the possibility that noninsulin-dependent diabetes is influenced by genetic factors, and the role of viruses as a possible cause of diabetes. The author concludes that more research needs to be done in these areas but that the person with diabetes has good reason to be optimistic about the future.

36. No Tema a la Diabetes: Manual Para Diabeticos (Don't Be Afraid of Diabetes: A Handbook for Diabetics). S. Mirsky. Princeton: Squibb; 1980. 29 p.

Measures to control diabetes are emphasized in this booklet. Diet, medication, exercise, foot care, and general health practices are

discussed. Colorful illustrations accompany instructions for the administration, dosage, and storage of insulin. Warning signs and appropriate treatment of hypoglycemia and hyperglycemia are discussed, and instructions for home tests of urine sugar and ketones are given. Also available in English.

Price: Free.

Source: E. R. Squibb & Sons, Inc.; P.O. Box 4000; Princeton, NJ 08540. (609) 921-4000.

37. ¿Que Es Diabetes? (What is Diabetes?) [anon.]. Elkhart, IN: Ames; 1974. 33 p.

The primary objective of this pamphlet is to provide a simple and clear explanation of what diabetes is, how it can be controlled, and principles of hygiene that can help prevent complications.

Price: Free.

Source: Ames Division, Miles Laboratories; P.O. Box 70; Elkhart, IN 46515. (219) 264-8636.

38. The Sodium Restricted Diabetic Diet in English and Spanish. J.G. Bringas; T.Y. Chan. Los Angeles: Nutrition in the Life Cycle; 1978. 37 p.

General information about sodium, diabetes, the exchange system, dietetic and free foods, and food labels is provided in this bilingual booklet. For each exchange group, allowed foods, foods to avoid, and the serving size per exchange are listed. Suggestions are given for meals away from home. Low sodium diabetic diets with 1000, 1200, 1500, 1800, 2000, 2200, and 2500 calories are outlined.

Price: $2.50 each/1-9; $1.50 each/10-24; $1.15 each/25+; plus 10% postage and handling.

Source: Nutrition in the Life Cycle; P.O. Box 24770; Los Angeles, CA 90024. (213) 570-6250.

39. ¡Todo Depende de Usted! (It's All Up to You!). R. Peeple, ed. Davis, CA: Woodland Memorial Hospital; 1978. 66 p.

Designed to accompany patient education lessons at the Woodland Hospital, this booklet emphasizes patient control of diabetes. Topics include urine testing, insulin, hyperglycemia, and hypoglycemia. Illustrations in color complement the text. Also available in English.

Price: $6.00.

Source: Woodland Memorial Hospital; 1325 Cottonwood Street; Woodland, CA 95695. (916) 662-3961.

40. Usted y la Diabetes (You and Diabetes). [anon.]. Rev. ed. Kalamazoo: Upjohn; 1981. AVAILABLE FALL OF 1981.

The illustrated booklet describes the common symptoms of diabetes and methods of controlling it through appropriate diet, insulin or oral medication (as prescribed), urine testing, exercise, and good hygiene. An identification card and daily urine test record are provided. Also available in English. NOTE: This publication, a revision of the 1979 edition, will be available in the fall of 1981.

Price: Free.

Source: The Upjohn Company; 7000 Portage Road; Kalamazoo, MI 49001. (616) 323-6575.

41. Your Food Plan/Su Plan de Comida. [anon.]. Jacksonville: Paramount Press; [n.d.]. 5 p.

Foods within each exchange group are illustrated in color and labeled in Spanish and English. A space is provided to list the number of portions for each food group at each meal.

Price: $0.25 each/1-100; $0.20 each/100-500; $0.15 each/500-1000.

Source: Paramount Press; P.O. Box 5440; Jacksonville, FL 32207. (904) 737-2160.

SPANISH LANGUAGE MATERIALS

FOR PEOPLE WITH DIABETES

## Nonprint Materials

42. Diabetes in Adults [Videorecording]. [anon.]. Los Angeles: Professional Research; Rev. 1979. 1 cassette; 18 min.; sd.; color; 3/4 in.

Controlling diabetes through appropriate self-care is emphasized. Explanations include the effect of diabetes on metabolic processes, the importance of diet, the technique of insulin injection, effects of oral drugs, the importance of exercise, low blood sugar reaction, testing urine for sugar and ketones, and skin and foot care. Also available in English. (PRI-M)

Price: Loan: $15.00/month; Sale: $275.00; Lease: write for complete information.

Source: Professional Research, Incorporated; 12960 Coral Tree Place; Los Angeles, CA 90066. (800) 421-2363; in California, (213) 823-1122 collect.

43. Diet and Management of Insulin Dependent Diabetes [Slide-tape]. [anon.]. Garden Grove, CA: Trainex; 1977. 80 slides; color. Accompanied by: 1 cassette; 15 min.

This program emphasizes the importance of a well-balanced diet for the person with insulin-dependent diabetes. Conversational narration supported graphically and photographically explains in detail the role of carbohydrates, proteins, and fats in a balanced diet. The six exchange lists commonly used for planning a diabetic diet are described. The program also includes examples of menu plans featuring foods such as hamburgers and pizza and instructions for maintaining fluid intake and carbohydrate needs during illness. Also available in English. (TC-M).

Price: Loan: write for complete information; Sale: $97.00. Available in other formats.

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92641. (800) 854-2485.

44. Diet and Management of Non-Insulin Dependent Diabetes [Slide-tape]. [anon.]. Garden Grove, CA: Trainex; 1977. 78 slides; color. Accompanied by: 1 cassette; 16 min.

The importance of diet in noninsulin-dependent diabetes is emphasized. Through a combination of narration and graphic and photographic portrayals, the program describes the three basic types of food (carbohydrate, protein, fat), explains their functions, and emphasizes the importance of a well balanced diet. The program explains the exchange lists for the six basic food groups and presents examples of how they may be used in planning a balanced yet varied and interesting diet. Guidelines for eating out and important precautions concerning alcohol are included. Also available in English. (TC-M).

Price: Loan: write for complete information; Sale: $97.00. Available in other formats.

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92641. (800) 854-2485.

45. How to Help Someone Who Has Diabetes [Slide-tape]. L.L. Lund. Garden Grove, CA: Trainex; 1977. 72 slides; color. Accompanied by: 1 cassette; 15 min.

This program was designed for a relative or close friend of a person with diabetes. After a description of the early stages of adjustment and discussion of the possible reactions of resentment and guilt, the program continues with concrete and realistic suggestions for ways to help. Included are descriptions of the signs and symptoms of hypoglycemia and hyperglycemia and explanations of actions required if either occurs. Emphasized throughout is the importance of knowledge backed up by planning so that the person with diabetes will receive the best help possible. Also available in English. (TC-M)

Price: Loan: write for complete information; Sale: $97.00. Available in other formats.

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92641. (800) 854-2485.

46. How to Prevent the Problems of Insulin Dependent Diabetes [Slide-tape]. L.L. Lund. Garden Grove, CA: Trainex; 1977. 79 slides; color. Accompanied by: 1 cassette; 14 min.

This program, sixth in a diabetes counseling series, discusses the fact that staying in control is the basis for preventing the problems of insulin-dependent diabetes and explains what to do when problems do occur. The relationship of stress to diabetes is considered along with proper exercise. The need for carrying proper identification is

emphasized. The presentation is directed toward nurses, social workers, and health professionals for use with patients. Also available in English. (AVLINE-M).

Price: Loan: write for complete information; Sale: $97.00. Available in other formats.

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92641. (800) 854-2485.

47. How to Prevent the Problems of Non-Insulin Dependent Diabetes [Slide-tape]. L.L. Lund. Garden Grove, CA: Trainex; 1977. 80 slides; color. Accompanied by: 1 cassette; 16 min.

This program emphasizes that preventing the problems of noninsulin-dependent diabetes depends upon how well the patient manages all aspects of diabetic control: diet, exercise, urine testing, skin care, and, if prescribed, oral antidiabetic drugs. The effects of antidiabetic drugs and precautions concerning their use are detailed. The program provides instructions for caring for the skin and gives special emphasis to precautions to be observed during illness. Also available in English. (TC-M).

Price: Loan: write for complete information; Sale: $97.00. Available in other formats.

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92641. (800) 854-2485.

48. Testing Your Urine for Sugar and Ketones [Slide-tape]. L.L. Lund. Garden Grove, CA: Trainex; 1977. 87 slides; color. Accompanied by: 1 cassette; 17 min.

The effective control of diabetes can be measured in part by daily urine testing. Illustrations show the metabolic processes involved in diabetes. Urine testing procedures are demonstrated using Ketodiastix, Clinitest tablets, Acetest tablets, and Testape. Proper storage of test materials, timing, and record keeping are also discussed. Also available in English. (UM-M).

Price: Loan: write for complete information; Sale: $97.00. Available in other formats.

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92641. (800) 854-2485.

49. This Is Diabetes [Slide-tape]. L.L. Lund. Garden Grove, CA: Trainex; 1977. 70 slides; color. Accompanied by: 1 cassette; 13 min.

Designed for use in patient or public education, the program provides a basic introduction to diabetes. It illustrates the physiology of the pancreas, especially insulin production and its function in both normal and diabetic states. Hereditary aspects are explained, and age, sex, and obesity factors are briefly discussed for persons with insulin-dependent and noninsulin-dependent diabetes. Also available in English. (UM-M).

Price: Loan: write for complete information; Sale: $97.00. Available in other formats.

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92641. (800) 854-2485.

50. Treatment of Insulin Dependent Diabetes [Slide-tape]. L.L. Lund. Garden Grove, CA: Trainex; 1977. 85 slides; color. Accompanied by: 1 cassette; 16 min.

This program, fifth in a counseling series, discusses the principles of insulin injections. A step-by-step method of insulin injection is demonstrated. Needle and syringe sterilization, site selection and rotation, proper use and storage of equipment, and the difference between disposable and nondisposable syringes and needles are emphasized. The presentation is directed to nurses, social workers, and health professionals as a patient education tool. Also available in English. (AVLINE)

Price: Loan: write for complete information; Sale: $97.00. Available in other formats.

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92641. (800) 854-2485.

51. What Is Insulin Dependent Diabetes? [Slide-tape]. L.L. Lund. Garden Grove, CA: Trainex; 1977. 79 slides; color. Accompanied by: 1 cassette; 14 min.

This program portrays a teen-age boy discussing the role of insulin in controlling diabetes from a patient's point of view. Basic mechanisms of metabolism and of insulin production are discussed. Differences and similarities between ketoacidosis and hypoglycemia are explained, and the causes, symptoms, and treatment of each condition are presented in chart form. Also available in English. (UM-M).

Price: Loan: write for complete information; Sale: $97.00. Available in other formats.

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92641. (800) 854-2485.

52. What Is Non-Insulin Dependent Diabetes? [Slide-tape]. L.L. Lund. Garden Grove, CA: Trainex; 1977. 73 slides; color. Accompanied by: 1 cassette; 12 min.

Insulin production is briefly summarized, and the role of insulin in glucose metabolism in the person with noninsulin-dependent diabetes is described. The effects of obesity in general and the role it may play in the development of noninsulin-dependent diabetes are explained. Complications such as poor vision, gout, and hypertension are discussed. Weight control is stressed. Also available in English. (UM-M).

Price: Loan: write for complete information; Sale: $97.00. Available in other formats.

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92641. (800) 854-2485.

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